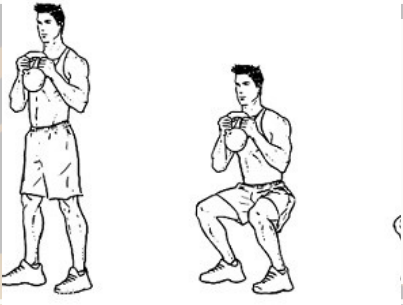
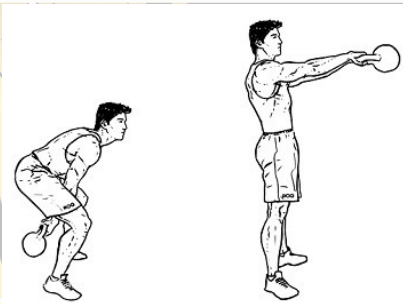
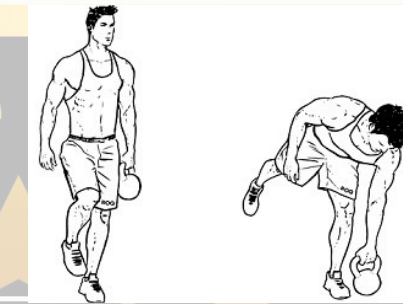
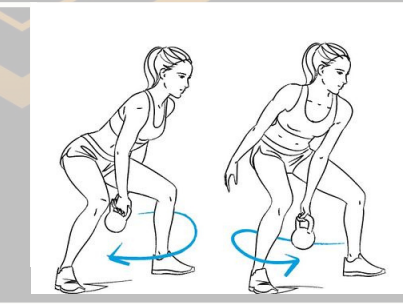
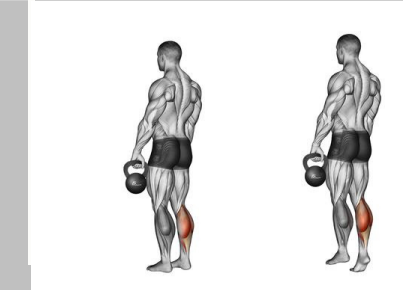


Lower body kettlebell-workout

NA ELKE RONDE 2 MINUTEN RUST. DOE IN TOTAAL
3-5 RONDES.

ACTIVITEIT	TIJD	REPS
Kettlebell squat		10 x
Kettlebell swing		20 x
Kettlebell one legged deadlift		10 x
Kettlebell low circle		20 x
Kettlebell calf raise		20 x